

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XVIX Number 4 December 2011

Welcome to Winter.

Another year has drawn to a close. The year 2011 has brought many changes to all our lives.

Our theme for this issue is Potpourri. Each author and poet presents his/her unique perspective on any subject. Enjoy their creations.

We are thankful for having June Burke and Julian in our lives. We have all been changed for having known her and the Seraph Julian. They have left us rich with legacies of teachings, healings, a new sense: of our being, of our self-worth, of our place in the Earth and the Universe.

We are thankful for the freedom we enjoy and the path we have chosen. Thankful that we can look back over this past year and recognize and celebrate our growth.

We ring in the New Year, 2012, full of certainty that we make a difference in everything we do! Full of certainty that we do create an oasis of peace and love that will go out like ripples in a stream to touch those around us and beyond.

Love, Light and Peace

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Affirmation from Julian

God is my source of all supply.

He answers my every need!

I reach out to the New Year

Knowing that wholeness and health are mine.

I know that my spiritual self will grow and share.

I accept that prosperity is present in every phase of my life

And my efforts are beneficial to myself and others.

So Be It!

Astrology

**Feature Column by Eleanor Johnson
La Grangeville, NY**



Welcome to year 2012! It is an exciting year with numerous possibilities. 2012 is the first pure energy of the "Aquarian Age". It will usher in energies that are innovative and creative. This will allow us the ability to sense a deeper connectedness to all people.

We have three high vibration planets in early degrees of the signs where they reside. Planets within the first ten degrees of a sign of the Zodiac, can express the full potential and power of that sign.

Since the theme of this issue is "potpourri", it is quite appropriate, as flexibility is the keynote. We will be called upon to view ideas with greater awareness of their possibilities to bring about positive change.

January has the Sun in Capricorn. Saturn, the ruler of Capricorn is transiting in the sign of Libra where it will remain for another year. Saturn is in its last few degrees in Libra, this decanate represents the lifting of the earth consciousness to a higher goal than just personal satisfaction. We have to be sure we have the heart warmth to balance our mental powers as Aquarius is a fixed Air sign.

Jupiter in Taurus remains in its early degrees until the Spring of 2012. Taurus is the sign of money and values. We all know the turmoil being expressed in the world because of the

imbalances of money, resources and power. Our value system is up for review as never before.

The planet Uranus went into the sign of Aries, March 2011. Uranus is the planet of rebellion and change. Aries is the sign of new beginnings. Its symbolism for Uranus in this sign is "Behold, I make all things new". Uranus also rules groups, thus the expression of what is being expressed in the world cannot be ignored.

Mars, the planet ruling Aries, is transiting the sign of Virgo through July 2012. Virgo is the sign most related to employment and service to others. As we know most of the turmoil is in reference to work.

February, the Sun is in Aquarius and connects with Saturn transiting through that sign. Jupiter in Taurus will trine Pluto in the heavens. The potential for the economy to make some positive changes can occur.

February, also has the planet Neptune entering into the sign of Pisces from 2012 to 2026. Neptune is the ruler of Pisces and is in its first house position. Any planet is most powerful in the sign of its rulership. This is a mutable water sign. We can expect lots of water. It is symbolized by the two fish representing the duality of emotions in this sign. Pisces rules the feet in the physical body. Watch that you wear proper fitting shoes as that area of the body can become more sensitive. All new products from the sea may be developed during Neptune's reign in Pisces, the next twelve years.

March brings a balance of energies that can work together with one another. Venus and Jupiter are both in Taurus making positive aspects to Neptune and Pluto. Please make certain that you pay attention to your intuition. Your instincts will speak loudly and clearly to you. Then we can express more of our soul's energies that help to bring balance, harmony, and love into our lives.

Love and Light,
Eleanor

Potpourri**Or****Observations That Probably Will Not Impress You!****by Blanche Duffy****Saugerties, New York**

The person who thought up the label “dumb animals” was probably looking in the mirror instead of at another species.

People with questionable reputations have usually put a lot of effort into building them.

People who expend the greatest effort to stop a law from being enacted are usually the ones who need that law the most. (Research conducted while helping to write the town ethics law.)

People who ask for your opinion are most often looking for a compliment.

The person who says “don’t ask” is generally itching for the chance to spill all the sordid details.

The person who says “only a sliver just so I can taste it” will probably be offended if all he/she gets is a sliver.

The self-proclaimed “expert” is often the one person in the crowd who knows the least about the subject being discussed.

Humility does not mean hiding your light under a bushel or denying your accomplishments.

The difference between the two statements above is that the first tries to shove fantasy down your throat as fact and the second owns up to what is already evident.

Loaning someone money is a big mistake. Giving someone money that you do not expect to be returned (and you can afford to give away) does not create false expectations on your part. BTW – a way to handle this is to impress upon the person receiving the money that a debt is owed and the only way to repay that debt is to help someone else in need in the same manner as they were helped as soon as they can afford it.

There is really very little difference between political parties so it’s necessary to vote for the person with the highest degree of integrity regardless of party affiliation.

Retirement from one’s job should not mean retirement from life.

People should never be defined by the job they hold/held but by the contribution they continue to make to society.

There are times when it seems that people who are overly aggressive in promoting what they believe are really trying to convince themselves.

When choosing a friend, life partner or employee - always note how that person treats those that they consider “underlings” before making a decision. Just as important, observe how they treat animals.

When seeking a friend, life partner or employee be careful not to set your expectations so high that it would be impossible for anyone to meet them. Ask yourself if you could meet those expectations and when the answer is “yes” drop the parameters back a notch.

It is never necessary to seek revenge for an injustice. The Law of Cause and Effect is always in motion and will even things out at the right and perfect time. However, that does not mean anyone should lie down and play doormat! Everyone has the right to defend his/her rights, freedoms, and reputation so long as the defense does not sink into revenge.

A sign I saw long ago read “Always remember - There is some good in the worst of us and some bad in the best of us!” Being judgmental can really ruin your day!

When someone sends an email that is worth passing on to others – do not include the person who originally sent it in your list of addressees!

I try not to get so caught up in my own world that I forget to smile at someone whether I know the person or not. Smiles are a form of healing for the giver and the receiver.

Each time I hear the ambulance siren or the fire/emergency sirens I send healing for whatever the reason for the siren.

Everyone has healing ability and we should spread it liberally. However, we need to remember to add “...healing in whatever way is right and perfect for the person/ animal/ place/situation”.

The older I get the less need I have to impress anyone.

Love and Smiles,

Namaste!

Blanche

Potpourri in the rug

Renee Salvatori
Wheeling, West Virginia

Have you ever shaken out a rug onto a layer of white snow? The carpet that didn't look too dirty before the shake, holds quite a bit of debris after all. If it was shaken out onto green grass or brown dirt, the crumbs would not be as noticeable. Maybe the thought crossed your mind that maybe the shake-out was not yet needed. But once you shake it out onto the white canvas of snow you maybe even wonder why you waited so long.

Onto this clean surface of snow you see the fragments of living. The food crumbs, some cinders, dried mud, pet or human hair, or whatever else has been incorporated into your life. Some may be the food that nourished your belly. A good thing. Some may be fecal matter that had somehow walked into your life. Not necessarily a good thing but there just the same. As you look at this potpourri of stuff, it represents your life. A mix of the good and the not so good. The needed and not needed. The nourishment that fed you and the annoyances that made us shake out the rug for the thousands time.

Life is like that, the potpourri of it all. The sad crumbs, the happy crumbs. The how did that get in here fecal stuff! The sweetness, the bitter, the needed, the unnecessary, our emotions, our wills, and our shedding of old skin fragments as we grow. All this potpourri of self on this white canvas of snow. Our own potpourri in the rug.

**The Gray Man**

by J. P. Riley
Saratoga, California

Who will weep for the Gray Man?
For he is immersed in wonder,
Yet he cannot feel it.

Who will weep for the Gray Man?
For he is surrounded by beauty,
Yet he cannot see it.

Who will weep for the Gray Man?
For he is serenaded by symphony,
Yet he cannot hear it.

Who will weep for the Gray Man?
For he is afraid to die,
Yet he knows not how to live.

Who will weep for the Gray Man?
Not the dark god who rules by fear,
For the Gray Man is his slave.

Who will weep for the Gray Man?
I will weep for the Gray Man,
For he is my beloved brother.

"Three passions which bind Warrior Brothers one to the other: a passion to fight together; a passion to love together; a passion to grow together" - A Triad, or Druidic wisdom-saying, by John-Paul Riley.

**WINTER**

by Ann Hardin Strauss
Boulder, Colorado



Snow flakes
All around
Cover the ground
Perfection in flight
No two alike
Making everything
All right!
Celebrate winter!



Taking care of yourself

By Anne Claire Venemans
Utrecht, Netherlands & Patagonia, Arizona

Until not that long ago, taking care of yourself meant to make certain you were sheltered from the elements, had food to eat on a regular basis, and belonged to a group ~ a tribe so to speak...

In other words protection, sustenance, and companionship.

In the energies of today another element has been added to these: Balance.

To take care of ourselves, perhaps even more than protection, sustenance and companionship ~ we need balance. Balance within ourselves. Balance with the world around us. And balance with the universe.

This means that where in ancient times protection may have been our number one priority ~ and in more recent history food might have been the most important thing we needed for our survival. However, in this day and age companionship and balance are on the top of the list and therefore deserve our full attention. Especially when we are walking a personal, or even spiritual path of service...

And walking a path of service makes it even more important to take care of ourselves first. Whether our service takes the form of helping others, or is expressed through sending healing to those in need, or even the earth or the universe, the better we take care of ourselves ~ balance ourselves, seek out the companionship that supports us, and feed ourselves with the foods our physical bodies truly need ~ the more effective we will be.

Sounds easy? Well, it's not...

In our world we have obligations toward our families and our jobs. Having to do all of this in its right time routinely brings stress into our lives. All too often we choose to take care of others rather than to take care of ourselves... At times it may even seem that we have all but forgotten how to take care of

ourselves...

So let's have a look at those four important parts we need to take care of ourselves.

Protection

Protection is split in two different, yet equally important parts: physical protection ~ the protection that safeguards our physical bodies as well as our belongings ~ and the protection on an energy level that allows us to live our lives based in a positive, light energy.

Sustenance

We have come to often choose the 'comfort foods' ~ food that taste good and make us feel good, rather than the foods our bodies need. Listening to what we ourselves really need will give us the insights that will enhance our ability to take care of ourselves.

Companionship

On our path we need companionship of those people that will support us. People that help us move along our path, that will help us overcoming the obstacles and difficulties life throws our way. And while we don't have to abandon anyone who isn't, or doesn't seem to be helpful ~ it is important to surround ourselves with the (handful of) people who are truly supportive.

Balance

Balance is definitely the most important part of taking care of ourselves. If we are serious about taking care of ourselves, it is a good idea to have a look at the 'Key to Balance'.

The 'Key to Balance' consists of these five points:
Balance with ourselves ~ our magnetic and electrical sides.

Balance with our direct environment ~ our family, our co-workers.

Balance with the world around us ~ honestly looking at what is happening, helping where we can, and not getting (too) upset with the things we cannot change.

Balance with the earth ~ with nature, with the seasons.

Balance with the universe.

And the better we get at applying this 'Key of Balance', the better we take care of ourselves ~ the more effective we will be in whatever we set out to achieve!

"Let there be Peace of Earth and let it begin with me"

by John Svirsky
Garrison, New York

At one time or another all of us have sung this song. Many of us have prayed for this to be so. So what went wrong! With millions of people all over the globe praying for peace, what happened? One only has to read the newspapers, watch TV or go on the Internet to feel that Peace is the farthest thing from our lives right now. Even Mother Nature seems to be getting in the act, with droughts in some locations, floods in others, violent storms, tornadoes, earthquakes and let us not forget volcanoes. The Law of Polarity in action. I am writing to say don't give up hope; there are still things we can do.

There is a saying in the Tao: "Do you think you can change the world? I don't think it can be done". For the world will always be the stage, the backdrop for living.

It is not the world that needs to change; it is our beliefs and attitudes. Yet is it far easier to blame our politicians? In the book of judges, Samuel warns the people of Israel about wanting a King to lead them. He went on to explain what a King would do to the people. (Replace King with politicians, for it appears they believe they all are above the people they serve.) It is so much better for each person to be responsible for his own actions and when there are disputes, come to the Judges to help resolve them. He went on to say that leaders would reflect the base level of their constituents. So when we criticize leaders, we must be cognizant they also reflect the nature of today's society, not just themselves. If we cannot change the world, we cannot influence the politicians to do what we want, then let us try to change ourselves.

What I am trying to say is: that it is up to each of us to connect inwardly to fulfill our own needs, wants and desires. It is time for us to live and act consciously fulfilling our inner selves by acting from a soul based, Christ Consciousness, and think before we act. We can ask, are the actions I am about to take for the benefit of all or just my selfish needs. The more we take care of ourselves this way and let others do the same for themselves, the more harmonious this world will become. It is time to stop

looking for others to do for us what we are unwilling to do for ourselves and then get angry when others take care of themselves when we feel they should be taking care of us.

I have learned a truth over the years. By my trying to change everyone else, trying to heal others, and trying to use my 'psychic and healing powers' to help others I was really dealing with my own "stuff". They just brought it to my attention. We are all familiar with the statement, "that which I dislike most in another is that which I need to work on within myself."

The fact is everyone is just where they are because that is where they need to be. "Oh John", you say, "how callous, how cruel! What happened to that kind, compassionate, spiritual person? How can you say people want sickness, infirmity, poverty etc.?" That is not what I'm saying here. I'm saying that each and every life on planet earth is a composite of all previous thoughts, actions and deeds mirrored in the physical body. Unless we have done or do the inner work to heal and release these past emotional hurts, they will be trigger points when similar stimuli come into our lives today. Then we will subconsciously react based on earlier experiences rather than what the rational conscious mind would naturally do.

Let me give a personal example: I believe one of the reasons my soul chose to come back to the earth plane was to be a communicator, a writer, and a teacher. Sounds good, doesn't it. That's only half the story, in looking back into past lifetimes. I have remembered that in past lives as well as this one, I was tortured for expressing what I believe (physically tortured in past lives, mentally in this one). I have come to remember that just like Galileo, it was easier to recant what I believed rather than to deal with all that torture. You might recall what the Church did to Galileo when he stated the earth revolved around the sun and not vice versa. The Church felt these teachings were blasphemous and against the teachings of the Church so they tortured him until he saw the error of his ways. He chose living to dying. So when I write, my subconscious tells me to be careful and not to write anything too outside the box that I can be tortured for later, because an authority figure might not like what I said. My conscious side says to write my truth, express my Moon and Mars in Scorpio, shake things up, and start a revolution of brotherly

Love (Sun in Aquarius). Hence the makings of conflict within, which if unresolved, can become the formation of illness. If the conflict is resolved, then I have turned yet another inner demon to the light of awareness and I live to write another page, share another thought with love and freedom from persecution.

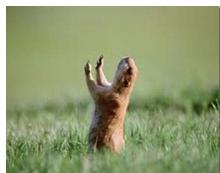
Just for today, I not only see God in all those that I come across, but I also see a mirror of my own journey expressed through others. Rather than my seeing others as separate and different from myself, I allow myself to feel compassion, love and support for their journey as well as my own. I accept that life is not a competition where someone has to be wrong so I can be right. They can have their truth and I can have mine. Today, I share my light, I ask that the God in me sees the God in you, (Namaste) and know with a certainty that through our joined loving light, we all are all transformed.

I accept I cannot change the world, our government, the world's governments, nor the world's economic mess. BUT I can change my attitude toward it all. Taking the actions that I can from this new viewpoint, I can send love and light, and know with a certainty life is perfect just the way it is. It is and will always be a teaching and training ground for some very naughty students (like me). I believe Life is our evolutionary white board on which we experiment, see the effects and incorporate them into our consciousness. And then, do it all over again. It need not be an endless loop like the movie "Ground Hog Day", but a spiral of our conscious awareness rising. So as we change within, life changes to reflect our purpose.

A Very Good Prayer

By Donna Rockman

Ft Meyers, Florida



Dear God,

**My prayer for 2012 is for
A fat bank account & a thin body.**

**Please don't mix these up like you did last year.
AMEN!**

Message from The Bud

By Bud Duffy
Saugerties, New York

Hi Everyone, been a long time since I talked to you. My person, Blanche, has been doing all the talking. But there's something I wanted to tell you – you probably already know this but I thought I would tell you anyway. My friend, Cassie, (she's the Rottweiler we rescued about a year and a half ago) got really sick in August. She was just lying around and couldn't do much of anything – even eat. Our person took her to our doctor, I went along for moral support, and she was given some medicine. It had to be wrapped in liverwurst and I got some of the liverwurst too. But she just kept getting worse and she died a couple of weeks later. They let me say goodbye to her but then I had to go outside.

Some people who don't know us very well say "dumb animals" but that isn't true. I was very upset by the loss of my friend and I couldn't eat for days. In fact, I got sick and had to go to the doctor too. My person was understanding and took me for rides in the car and rubbed my belly a lot to make me feel better, but I still look in the back seat of the car hoping to see Cassie sitting there.

The reason I'm telling you this is that animals feel the loss of a friend the same as humans do. We need time to adjust just like you do. So, if there is a loss of someone your four legged friend loves, please be understanding and don't get upset if we slip up or break the rules a bit. Four legged people can hurt too.

Love to All,
Buddy

Saul's Corner**The Conscious Mind (cont'd from September 2011 ROL)**

Levels of the Mind Workshop #200

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Authors: Rev. June K. Burke and the Seraph Julian

A word concerning negative thoughts. If a fly keeps bothering you, you keep swatting it away. Eventually, you get up and go someplace else or you get after the fly with a swatter. Negative thoughts can come into your mind, but it does not mean that you are guilty of terrible, terrible things. There is a lot of negativity floating around in the cosmos, and if you are opened and attuned, there will be times when you pick it up. You can either personalize it and make it a living part of you, or you can accept it for what it is, a thought that comes into the mind that you do not really want, and dump it. Sometimes the best thing you can do is to go someplace else. Get away from it by physical action. The more you think about it, the more importance you give to it. The more you say you should not think that, the more importance you are giving to the thought. Instead, get the mind onto something else, or get up and take a walk. Buy a newspaper or walk the dog, something physical to get yourself away from dwelling on the thought. It is the same as you do with depression. When you are depressed, you have to have physical action to get away from it. To sit and think about it only deepens the depression. When negative thoughts come in, do not let them come home to live. You say, "All right, be on your way," and turn your thoughts elsewhere. If you focus your thoughts elsewhere, you can not be focusing on the negative thought. You might want to use an affirmation of some sort at that time or a single phrase which you can hold on to which is a purifying sort of thing. For instance: God is my source of all supply; He answers my every need. And He will.

It is important to remember that all things that materialize in the life come from the mind. It is the mind that is the creator of your destiny; it is the mind that is the creator of your physical well-being; and it is the mind that is the

creator of all interaction and communication in your life. Therefore, how one uses that mind becomes most important.

As you know, in your life you are physical, spiritual and mental; and you must learn to shift the gears of yourself very much as you shift the gears of a car. When you cannot resolve something in a physical manner, you must shift the gear that transmutes your energy to a higher vibration of the mind in order that it may be resolved there. As the mind copes with the situation, several things occur. The first thing that occurs is the changing of the physical body, for the mind, being the higher frequency, automatically overrules the lower frequency of the physical. Therefore, when the mind conceives the answer, it also brings harmony to the physical state and the physical state changes. For instance, you have a problem that you find difficult to work with. Perhaps it is interaction in a job situation, or it might be interaction with a person, and somehow you do not seem to be making it. You permit yourself, let us say, to give physical action to it. The child does not understand, so you grab him by the coattails, shake him and say, "Now, listen and understand!" Your voice gets more strident, and you are yelling to

make your point. That is physical, and nothing is happening except that walls are being built. The television that gets kicked and pounded is not going to clear. If you move away from the physical aspect of it, the first thing that happens is the lowering of the vibration of the body to calmness which permits you to see things clearly and make logical decisions toward the solution of the problem. It also gives you the opportunity to logically look at your self and that is where most problems start.

Contrary to all thought, other people are not always your problem. In most cases, you are your problem and you can change.

Contrary to all thought, other people are not always your problem. In most cases, you are your problem and you can change. Always go to the higher mind. You are a chain link to the source, to God. You are of many vibrations -- the God vibration, the Spirit vibration, the mind vibration, the body vibration, and you must shift to the higher vibration for clarification, understanding, and the translation of what should be done in the physical. Always remember that you rev yourself up mentally to slow yourself down physically. When you stop to think, you are literally keeping yourself out of physical trouble. If you stop and think about the urge to punch

someone in the nose, you can save yourself a lot of trouble. It is very important. Again, we keep going back to the mind, because the mind is the director of the power of the source of everything that exists.

The mind has many thoughts. Some of them seem to come from nowhere, just appear and want to be answered. Some of them you do not like, and you do not pay attention or give credence to them. You direct what you will give the most attention. What manifests in the life is determined by the amount of energy, importance, and credence you give to the thought. When thoughts come into the mind that you recognize and then dismiss, you are not giving the acceptance that they need to manifest. That is why you will sometimes hear somebody say, "I'm doing all the positive thinking in the world. I'm directing all my thoughts and nothing is happening." That is because they do not believe it. Acceptance of the thought means acceptance of the realization that you have the power to make it manifest. If someone says to you, "I just know you're going to get that job you interviewed for," and you agree, "Yes, I'm sure I am," but inside you are saying, "Not a chance," the job is not going to manifest. You must take that thought and decide whether or not you truly accept it. If you do, you must apply energy and direction to that thought. We know that you have your expansion of the mind going outward always.

Acceptance is most important. You must work with acceptance. No matter how much you tell someone something is so, if it is not logically acceptable to them, if they cannot accept it in the self, they will not change their thinking. Acceptance is your key word. Sometimes one has to work through levels of acceptance of a thought. In other words, a person is told that he is going to become a magnificent doctor. He cannot accept that thought, but he can accept the thought that he can get very good marks in his high school education. So, that is the thing with which you impregnate him, the next phase being that he can use that same open, accepting, learning mind in a college situation. Because the studies escalate does not mean that the mind does not escalate with them. Therefore, phase two of acceptance is given to him. That same acceptance is expanded further to the fact that he can go on to medical school and understand all the phrases that are used, and so forth, and come to his final medical situation.

You must take that thought and decide whether or not you truly accept it.

The reason that I use this particular example is because you have the opportunity to see that he would have a problem seeing that many years ahead. Acceptance is done at the level a person can work with it. Do not make the use of the mind out to be a fancy, intricate, complicated thing. The clearer and more simply you use your mind, the more intricate the results will be. In the subconscious training, the information must be given to it simply and never with a double-edged meaning, because it does not differentiate. Clear, concise direction gives clear, concise understanding. Once the understanding is there, it can be made into something more complicated should the person choose to do it.

I have watched people in your society trying to communicate. They use elaborate processes, terminology, and references. If you look around, you will find everyone is dozing. If the same information was given in a clear-cut, concise, simple manner, everyone could absorb it and move on. Human beings have a habit of confusing themselves. The mind must not be confused. It is a magnificent energy. It is a living, breathing energy within you that can direct the universe for you. It takes a little accepting to know that you can direct the universe, but if you can direct one thing, you know that you can move on to the second and the third, until you are directing, molding, and shaping your destiny and your life.

If you will look back over your life and think of where you are and what you are experiencing now compared to what you knew or were experiencing five years ago, you will be amazed at how much you have grown. When you are in the process of growth, you do not always see or feel it happening, but if you take time to really look, you will recognize it. Growth does not necessarily mean garnering information and "things." Growth means how you feel about you and what you have done about making you grow. That is important.

How do you feel? How do you think about yourself in comparison? "I don't know. I've tried my best to make this child understand the important things in life, but she is very content doing next to nothing." Isn't that marvelous! She is content -- Key word. Contentment means fulfillment; fulfillment means advancement. If you fulfilled the needs of this life, you have advanced in this life, whether the material plane indicates that it is

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The Conscious Mind - continued from page 9

so or not. You should never "down" yourself because you are not driving the latest model car or because you have trouble making ends meet at times. That has nothing to do with fulfillment; it has nothing to do with success. Success is the knowledge that you have been to you all that you can be. That may sound selfish, but it is not. For in being whole unto yourself, you are able to be whole unto others, which means holy. The whole person is a holy person, a spiritual person, and is, therefore, able to interact with others with that same honesty and wholeness, bringing them wholeness and accepting wholeness from them. Do remember that giving is a two-way street. When you are giving, it is beautiful; but if you do not receive at times, you have denied the gift of giving to another. So, do receive that others may have the joy of giving. That is important too.

It is important that terminology used where the mind is concerned be positive. If a person has a habit of saying, "I don't think I can," "I can't possibly do that," "I really don't know if I can," they have automatically put up a block to it happening. If they accept that they can, they will. Did you ever notice that a child will say that he can do something and the parent will say, "Don't be silly. You can't, you're not old enough." Or you are not big enough; you are not this; you are not that. Sometimes that carries over into adulthood. They have been programmed so well to defeat as a child that when they get to be an adult, they carry on the defeatist attitude.

It is hard to break molds of long-standing, so one has to work rather diligently at it by recognizing that the mold can be broken, new molds can be made, and accepting that thought. Look at the change that you want to bring about, not as ending life and starting life again, but as a transition of life, a permission of the energies to flow in a new vibration. Recognize that to change the mold and to revamp the life through the thinking process does not mean that suddenly you go to bed one person and wake up another. Everyone has something that he or she wants to retain. You don't want to throw "the baby out with the bath water," as you call it in your society. You want to reshape and revamp the attitudes toward yourself and redirect the mind so that it occurs. You accept first and foremost that you can change, and secondly, you accept that there are logical steps that can make it happen.

People who go around saying, "I never had the chance. They

wouldn't give me a better job," must ask themselves what they have done to prepare themselves for that job. What right do they have to expect the job if they have not prepared themselves for it? Let the mind inquire, let the mind realize and accept that which is there, and see if that is right for them.

What you create in yourself emanates from you and helps others make decisions about you. Your attitude cannot be hidden. You may put on the smile all day, but those eyes are not smiling and, if the interior is not smiling, nobody is going to feel that you are smiling. The eyes are the window of the soul, and they are going to know that you are not being you, the real you, that this is a facade. Don't deceive yourself but, instead use your mind to determine what changes are logical and necessary and in what order they are to be made to bring about that which you want to achieve. It can be done. Always it can be done -- unless you refuse to accept that it can.

When you are giving, it is beautiful; but if you do not receive at times, you have denied the gift of giving to another.

You can't, you're not old enough." Or you are not big enough; you are not this; you are not that. Sometimes that carries over into adulthood. They have been programmed so well to defeat as a child that when they get to be an adult, they carry on the defeatist attitude.

You have a perfect example in carcinoma. Carcinoma is a dreaded word in your society-cancer. Yet there are people who have had cancer which should have been, by all logical processes, fatal, but who have been totally healed, have had total remissions, because they believed that it could be so and refused to accept the fatal act. There have been those who have had minor carcinoma of the skin, which is totally curable, who have been dead in three month's time because "cancer kills," and they accepted it. It is one of the areas which clearly gives physical evidence of the mind's control. The dread fear is there, and because fear is always hard to block, one must truly use the mind to convert the thinking pattern. When one does, it occurs.

The mind can keep you from aging. You know you hear that age is a state of mind, and it is true; but you cannot just say you are going to think young and refuse to eat properly and expect that the mind is going to keep you young looking. You have to eat properly and exercise to the degree that your body is suppose to have it, because you are mind, body, and soul, and each has its due and must receive it. If you think health and you go about bringing it into physical activity through the

eating and exercise patterns in your life, you will have health. Methuselah was not a myth. He was a reality, for he had refused to accept death or incapacitation and the mind did it the mind and the acceptance.

You have only one life. You have hundreds of chapters in that one life. The chapters are what you see as lifetimes. You are an immortal soul and every once in a while, you put on a new costume and go through a new chapter in your life, but you have only one life, in reality. It does not matter when you die, because death is only a transition from the vibration of physical embodiment to the vibration of life and light and joy. That is the difference. When I say that Methuselah lived to be 150, I am saying he lived to be that age not because he was being removed from "punishment," but because he believed that he could. I want to make that clear. If you believe it, you are going to have it, but you must really believe it.

When you expect that life can change, it does -- totally. So think it, and then get working at it. Put it into physical action in the world, for to do nothing but think about it is not enough. You cannot think the dishes in the sink clean, but you can think that you want to get up and do them. You can think that it is not a negative thing, and you can think that there is joy in understanding the soap powder, the water, the dish, because the mind can fully comprehend them if it takes the time to do so. Those things then become pleasure instead of drudgery. If you see things and conceive them mentally in their proper perspective, they are not drudgery. If the job that you do is putting food and nourishment in your body so that you may have health, it is a positive thing. Whether you like that job or do not like it, the positive is there and the sooner you recognize it, the more you will like it. The mind can conceive something as evil or good, as pleasure or misery, and the way you conceive it is the way you are going to live it, for it will manifest according to your acceptance of it.

For a moment, think of your mind as a friend, not as a mechanism, but as a living, breathing friend who is always there and will not fail you. Your mind is a living, breathing entity with the ability

to expand to the entire universe and bring back information from the universe to you. It will bring any sort of information you need, whether it be from the highest form of literature to the most simplistic act in your life. The universal consciousness does not play favorites. It is there and contains everything that has ever been. It is there for you to tap through the mind.

Remember that mind is a living thing that it deserves to be praised when it has served you well. One of the ways in which you praise it is to nourish it. Mind cannot function if it is not nourished for it houses itself in a physical temple which must be nourished to be whole.

(to be continued in March 2012 ROL)

HEARTFELT APPRECIATION FOR OUR AUTHORS

We, the editors, are very proud and thankful to our dedicated authors for their outstanding contributions throughout this year.

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The Ring of Light's purpose is to share ideas and experiences with the Julian Community. It is a vehicle to keep the Julian Community together.

Each of us has chosen to develop our unique talents during this lifetime. We welcome and encourage you to share your gifts with the Julian Community through the ROL in 2012 - poems, articles, recipes, drawings.... How do you envision this newsletter evolving in the future? Please send us your thoughts. We want this to be a viable tool for the Julian Community.

Contact Us.....

The Ring of Light is a periodic publication serving the Julian Community. A \$10.00 US annual contribution on your part will cover the cost of your newsletter! Make checks payable to Dan Walton. This newsletter is a tool to connect our community. It is your tool to share and use ideas, activities and creative works. Thanks to the many contributors.

Address Changes Notify:

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Next Issue Theme: "Life is a Miracle"

Deadline for Submissions: February 15th, 2012.

Dan & Nancy Walton - Ring of Light Editorial Team

Newsletter Submissions—How to !

For entries larger than 25 words, please submit a text file in electronic form. Send us a 3.5" computer disk or electronic contribution to:

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We thank each and everyone of you for your financial support that allows us to bring the Ring of Light to you.

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ROL via E-MAIL!

What a novel idea!

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A Newsletter of the Julian Community

Taking Care Of Yourself

... so you can even better help others ...

A Workshop By Sam and Anne Claire.
Four days, five nights in beautiful Tubac, Arizona.

Long ago, taking care of yourself meant to make certain you were sheltered from the elements, had food to eat on a regular basis, and belonged to a group - a tribe so to speak. In other words protection, sustenance, and companionship was all that was needed.

Then, much later another element was added: Balance of body, mind and spirit. However, as important as that is, more is needed in order to powerfully use the expanded energies of today. This is because our increasing awareness becomes a more and more important part of effectively helping others, the earth and the universe....

In this workshop Sam and Anne Claire will introduce you to a Key to amplifying of your awareness. This Key works through the interaction of magnetic (water) and electrical (fire) energies in a way that balances ourselves with the natural (nature) forces of the universe.

This expanded, more universal balance, puts us in a mindset that not only increases our personal well being, but allows us to enter a partnership with the universe. The universal partnership brings greater understanding and focus to our full potential.



We will be staying at the luxurious Tubac Golf Resort where we have reserved the spacious and relaxed casita rooms, including access to the spa.

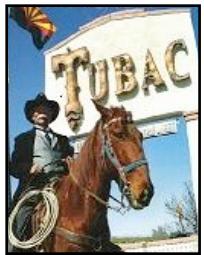
Check it out... <http://www.tubacgolfresort.com>



The large rooms are filled with traditional southern Arizona laid back comfort. This venue is in real cowboy territory in the midst of the most creative energy Sam & Anne Claire have experienced.



This workshop is held in and around the small town of Tubac Arizona which is known for its creative energy and laid back environment. Tubac is the residence of over 150 artists and authors and has about 100 businesses, most of which are galleries.



Dates and such:

- June 3 through 8, 2012
- Cost: \$750 (€550.) per person double occupancy
+\$250. (€175.) for single occupancy.
- Price includes two dinners, spa use and entry fees.
- This workshop is open to everyone interested.
- Contact us: theshamansjourney@gmail.com